

Invitation to Mental Wellbeing Assessment Session

Dear [Recipient's Name],

We are pleased to invite you to participate in a mental wellbeing assessment session designed to promote better mental health and overall wellbeing. Your participation will provide valuable insights and assist in fostering a supportive environment.

Details of the Assessment Session:

- **Date:** [Insert Date]
- **Time:** [Insert Time]
- **Location:** [Insert Location]
- **Duration:** Approximately [Insert Duration]

Please confirm your attendance by [Insert RSVP Date]. If you have any questions, feel free to reach out to us at [Insert Contact Information].

We look forward to your participation in this important session.

Best regards,

[Your Name]

[Your Position]

[Your Organization]